

# the Nutri-Salt™ Peel

Your body will feel incredible...inside and out.



The Nutri-Salt™ Peel is a simple detox/beauty regime that has deep health benefits. The current consumer push towards chemical-free skin care products is due to the discovery that our skin can absorb the toxins present in many lotions and powders. This capacity can be used positively if a desirable substance is placed on the skin. Transdermal solutions are a new tool in our quest to reclaim vitality.

Nutri-Salt™ is a versatile, highly mineralised mountain salt. This mountain salt is unique in that the minerals are harmoniously embedded in a crystal lattice, promoting their uptake by the body. Minerals are combined with the renowned skin care qualities of Coconut Oil to leave you looking & feeling incredible.

## What do I do?

Combine 3.5 tablespoons of Nutri-Salt™ with 2 tablespoons of CocoShield™ - Organic Virgin Cold Pressed Coconut Oil & add 1/4 teaspoon of 100% Lavender Oil. Mix until smooth.

Take a warm shower to open up the pores in the skin. Next, lie on a large towel and cover your entire body with the mixture. Wrap yourself in a towel and a warm blanket.



Wait 30 minutes, then rinse off with warm water and pat yourself dry.

You may notice a warm sensation during treatment as **circulation** is boosted and you should also feel **energised** from the absorption of minerals through the skin.

The therapy can also be conducted in a far infra-red sauna without wrapping yourself in a blanket. This option produces an amazing amount of perspiration!

You will notice your skin has a **beautiful radiance** and softness after either treatment.

Detox.

Mineralise.

Energise.

